Barbeque And Picnic Fun

Cookouts and picnics are a great way to celebrate summer, and grilled food is so tasty. Yet, with all the good times, there are hazards lurking.

- **Summer heat and food preparation are two areas where dangers reside. Heat-related illnesses or cases of food poisoning may spoil your holiday.**
- **Grills also pose a fire hazard if**

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- **Grilling is cooking food over <u>direct</u> heat. Its intensity is similar to broiling, so tender meats and poultry are best for grilling.**

A grill is a utensil made of parallel bars on which food is cooked over charcoal, wood, or special rocks heated by gas or

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Smoking is cooking food indirectly in the presence of a fire. It can be done in a covered grill if a pan of water is placed beneath the meat on the grill; and meats can smoked in a "smoker," which is an outdoor cooker especially designed for smoking foods. Smoking is done much more slowly than grilling, so less tender meats benefit from this method, and a natural smoke

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Follow these tips to prevent nasty incidents:

- **Thoroughly clean your gas grill at the beginning of the season. Replace and maintain a fire extinguisher near, but**
- **Always use the grill's starter button, and if the starter is broken don't use the grill.**

grill, at all times.

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Follow these tips to prevent nasty incidents:

- **Never throw away grill instructions or the owners' manual. Follow manufacturers' directions carefully.**
- **Have the gas grill checked for leaks once a year by a professional.**
- **Never throw a match in a gas grill especially after the gas has been on**

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- Don’t use gasoline, kerosene, or any other substances not made to start or fuel fires.
- Be careful with charcoal grills because fuel vapors are heavier than air and can concentrate near the ground below grills, explosions or fires can result.
- Never use a grill indoors.
- Use the grill at least 10 feet away from any building. Don’t use the grill in a garage, carport,

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- **Avoid cooking foods with a high fat content as they produce high flames.**
- **Always thoroughly cook food to a safe temperature.**
- **Pack clean, soapy sponges, cloths, or towelettes for cleaning surfaces and hands. Be sure there are plenty of clean utensils and platters to keep raw foods and their juices separate from cooked foods.**

Carbon Monoxide Poisoning

- **Each year, there are nearly 20 deaths and 400 emergency room treated injuries from carbon monoxide poisoning resulting from charcoal grills. Charcoal produces this deadly gas when burned.**
- **Carbon monoxide is a colorless, odorless gas that can accumulate to toxic levels in closed environments.**
- **Never burn charcoal inside of**

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Warm weather is the ideal time to cook out.

More people cook outdoors in Summer than any other time of the year.

But warm temperatures are also ideal for bacteria and other pathogens to multiply and cause foodborne illness. Remember to follow strict food

Grilling to Avoid Food Poisoning

Before firing up the grill for summer barbecues, remember to take some steps for safe eating.

Defrost meat, poultry and fish in the refrigerator, and take them to the grill when the fire is ready. Letting meat, fish and poultry sit outside until the grill is

Grilling to Avoid Food Poisoning

When you're cooking on the grill, be sure to check the temperature of the meat. Just because the outside looks good doesn't mean the inside temperature is high enough to kill bacteria.

Marinades give grilled meat a nice flavor, but if you want to baste the meat while it cooks be sure to have fresh marinade. The marinade you

Grilling to Avoid Food Poisoning

Protein foods can spoil very easily when left to sit at room temperature. If you choose to pre-cook meat or poultry, do so immediately before grilling. And once food is on the grill, cook until it reaches a safe temperature determined with a meat thermometer.

Grilled foods should never be carved on a cutting board which was just used for cutting up raw meat

Avoid Food Poisoning

When carrying food to a picnic site, keep it cold to minimize bacterial growth. If take-out foods such as fried chicken or barbecued beef will be reheated on the grill, and won't be eaten within 2 hours of pickup, buy them

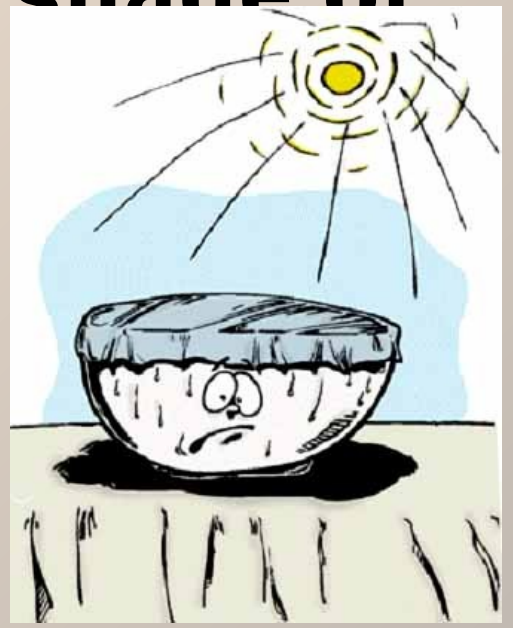
Avoid Food Poisoning

Use an insulated cooler with sufficient ice/ice packs to keep the food at 40 °F.

Then pack food from the refrigerator into the cooler immediately before leaving home.

Avoid Food Poisoning

In the car, keep the cooler in the air-conditioned passenger compartment; at the picnic, in the shade or shelter.

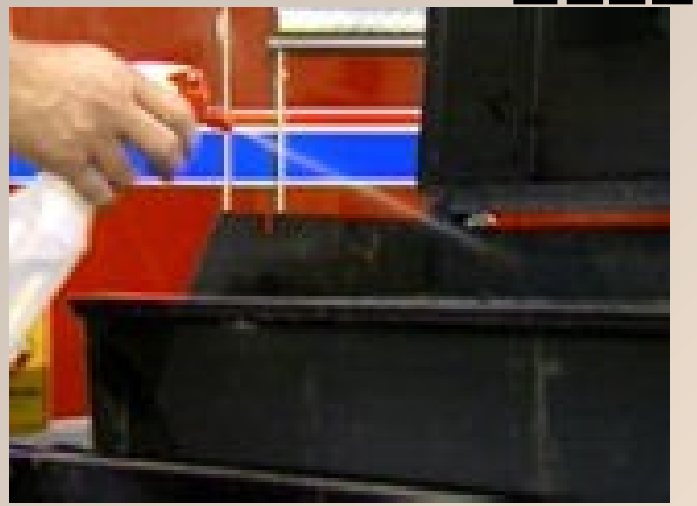


Avoid Food Poisoning

Avoid opening the cooler's lid, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in another cooler.

Keep chil
pets away
fire.

Personal Safety Information



- **Have a squirt bottle of water nearby t flare-ups**

- **Use flame-resistant mitts, hot pads, and cooking utensils with long handles.**
- **Don't wear baggy**

Wilderness Barbecue

If you are barbecuing in the wilderness, the area that you choose to build your fire should be:

- **cleaned down to a hard mineral surface,**
- **constructed to take away from overhanging**
- **advantage of the wind direction, and**
- **if possible, in a somewhat open area for better sight**

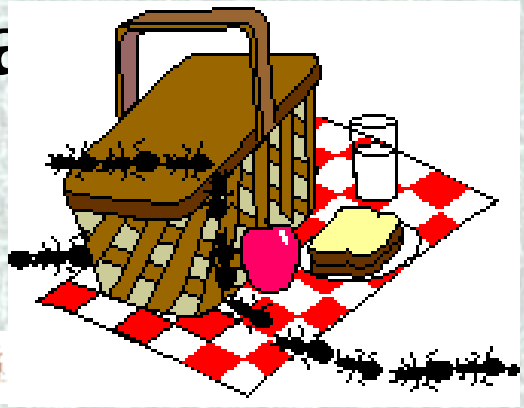
Wilderness Barbecue

Where and when possible, you should attempt to build a "fire-pit" outlining the edges with rocks. Choose your rocks carefully, making sure none of them have a high moisture content.

Rocks do absorb water and in the intense heat of a fire they may explode, sending shards flying like

Picnic Safety

- **Did you know…**
- **Some 30 million Americans will suffer from foodborne illness this year.**
- **Nearly all cases can be linked to unsafe food handling pra**



Picnic Safety

Check-out these symptoms:

- **Nausea or vomiting**
- **Diarrhea**
- **Fever**
- **Cramps**
- **Double vision**
- **Trouble swallowing**
- **Paralysis**

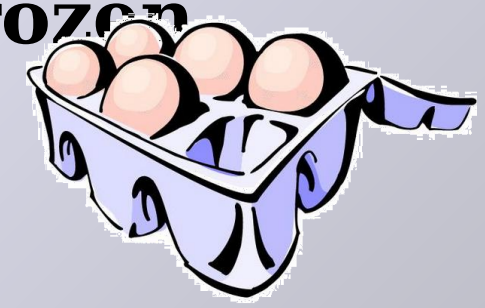
Most people get sick within four to 48 hours after eating bad food. If symptoms are severe, please contact a physician or go to the hospital immediately.

Picnic Safety

So, here's what you can do to protect from food-borne illnesses...

Safety at the Supermarket

- **Check the "sell by" or "use by" date. If it's expired, don't buy it.**
- **Don't buy cans with dents, bulges or rust.**
- **If frozen foods aren't solidly frozen, don't buy them.**
- **Open cartons of fresh eggs. If any are cracked, don't buy them.**



Picnic Safety

- **Never buy unpasteurized dairy products.**
- **Bring refrigerated and frozen foods home immediately after shopping and store them promptly.**
- **Set refrigerator between 35° F and 40° F; freezers should be at or below 0° F.**
- **Refrigerate meat, fish and poultry**

Cooking Safety

- Keep your cooking area clean.
- Never chop vegetables or salad ingredients on a cutting board that you have used to prepare raw meats.
- Thoroughly wash all utensils, containers, cutting boards and work surfaces.